

# nos galan 2011

mountain ash | aberpennar



The traditional Nos Galan Races commemorate the legendary Welsh runner Guto Nyth Bran. Born Griffith Morgan in 1700, he was first known simply as Guto Nyth Bran because he lived at Nyth Bran Farm near Porth in the Rhondda Valley.

There are many stories of his athletic prowess. How he could catch a bird in flight, and how on one occasion he ran to Pontypridd and back, some seven miles, before the kettle boiled. Throughout his life he contested many races and took on many challenges, but, owing to his continued successes, his challengers became fewer and fewer.

When he was 37, a challenge came from the 'Prince' of Bedwas to run the 12 miles from Newport in Monmouthshire to Bedwas Church near Caerphilly. Guto easily won the race, but the celebratory 'slaps' on the back proved too much for him and he died in the arms of his sweetheart Sian o'r Siop.

His body was taken to its final resting-place in the graveyard of Llanwynno Church near Mountain Ash.

*Mae'r rasys Nos Galan traddodiadol yn coffáu'r rhedwr o Gymro, Guto Nyth Brân. Cafodd ei enwi yn Griffith Morgan ar ei eni yn 1700, ond Guto Nyth Brân roedd pawb yn ei alw am ei fod e'n byw ar fferm Nyth Brân ger Porth Rhondda.*

*Mae llawer o straeon am ei alluoedd athleidd. Ymhlith y rheiny mae'r un am sut roedd e'n gallu dal aderyn oedd yn hedfan, ac adeg arall, pan redodd e i Bontypridd ac yn ôl i'r fferm cyn i'r tegell ferwi. Buodd e'n cystadlu mewn sawl ras ac ymgymryd â sawl her gydol ei oes, ond oherwydd ei lwyddiant cyson, roedd llai a llai yn barod i roi her iddo.*

*Pan oedd e'n 37 oed, heriodd 'Prince' o Fedwas ef i redeg 12 milltir o Gasnewydd yn Sir Fynwy i eglwys Bedwas ger Caerffili. Enillodd Guto'r ras yn hawdd, ond roedd curô'i gefn i'w longyfarch ar ei fuddugoliaeth yn ormod iddo fe a buodd e farw ym mreichiau'i gariad, Siân o'r Siop.*

*Aethpwyd â'i gorff i'w orffwysfan ym mynwent Eglwys Llanwynno ger Aberpennar.*

The famous New Year's Eve Road Races  
*Rasys ffordd enwog Nos Galan*

£750  
PRIZE POT  
PAIR Y WOBR

# nos galan 2011

mountain ash | aberpennar

31 December/Rhagfyr

entry form | ffurflen ymrestru

online applications available at / codwch ffurflen ymrestru ar-lein  
[www.nosgalan.co.uk](http://www.nosgalan.co.uk)

in association with  
mewn partneriaeth â

Y Cymoedd  
Calon ac Enaid Cymru  
The Valleys  
Heart and Soul of Wales



STRONG HERITAGE | STRONG FUTURE  
RHONDDA CYNON TAF  
TREFTADAETH GADARN | DYFODOL SICR

# SENIOR RACES / RASYS I OEDOLION (OVER 16 / DROS 16 OED)

## ELITE 5K RACE / RAS ELITE 5K

Cash prizes for 1st - 6th male and female, totalling...  
Gwobrau arian parod (1af - 6ed, dynion a menywod)...

# £750

Starts/ Dechrau	Category / Dosbarth	Price/Ffi
7.00pm	W.A. Affiliated Athletes / i athletwr sy'n perthyn i Gymdeithas Athletwyr Cymru	£7
	Unaffiliated Athletes / i athletwr heb gysylltiad â Chymdeithas Athletwyr Cymru	£9

## FUN RUN 5K / RAS HWYL 5K

Starts/ Dechrau	Category / Dosbarth	Price/Ffi
7.30pm	W.A. Affiliated Athletes / i athletwr sy'n perthyn i Gymdeithas Athletwyr Cymru	£7
	Unaffiliated Athletes / i athletwr heb gysylltiad â Chymdeithas Athletwyr Cymru	£9

Please note the Fun Run 5K is only open to runners who complete 5km in over 20 mins (male) or 25 mins (female).  
The organisers will allocate you an Elite Race Number if your 5km time is less than 20 (25) mins.  
Dim ond y rheiny sy'n cymryd dros 20 munud (dynion) neu 25 (merched) i redeg 5km sy'n cael rhedeg yn y Ras Hwyl.  
Os ydych chi'n gallu rhedeg 5k yn gynt na hynny, bydd y trefnwyr yn rhoi rhif Ras Elite ichi.

# JUNIOR 1K RACES / RASYS I BLANT 1K (U16 / DAN 16)

Starts / Dechrau	Category / Dosbarth	Price/Ffi
5.15pm	8yrs & 9yrs / i Blant 8 a 9 oed	£3
5.25pm	10yrs & 11yrs / i Blant 10 ac 11 oed	£3
5.40pm	12yrs & 13yrs / i Blant 12 ac 13 oed	£3
5.55pm	14yrs & 15yrs / i Blant 14 ac 15 oed	£3

Entries on night or after closing date Monday 12th December £15.00 Adults and £5.00 Children.  
£15.00 Oedolion, £5.00 Plant i gofrestru ar ôl y dyddiad cau, sef dydd Llun 12 Rhagfyr, neu ar y noson.

Return entry form, together with a cheque / postal order to: Rhondda Cynon Taf Events Team;  
The Pavilions, Pavilion C, Clydach Vale,  
Rhondda Cynon Taf CF40 2XX  
Tel: 01443 424123, Fax: 01443 425553

Make cheques/postal orders payable to "RCT" and write name & address on the reverse of cheque. No refunds will be given.

I accept that the organisers or their agents shall not be held responsible for any loss, damage, action, claim, costs or expenses which may arise in consequence of my / this child's participation in Nos Galan.

I declare that I / this child will not compete in this race unless I / the child is in good health on the day of the race and I / they will compete at our own risk.

I agree to myself / my child being photographed or filmed for publicity of the Nos Galan event.

The event organisers cannot accept responsibility for, or control, unofficial photography.

All runners must be aware that there is a chance they could be captured on third party recordings.

Anfonwch eich ffurflen ymrestru, ynghyd â siec / archeb bost: Carfan Achlysuron Rhondda Cynon Taf;  
Y Pafiliynau, Pafiliwn C, Cwm Clydach,  
Rhondda Cynon Taf CF40 2XX  
Ffôn: 01443 424123, Ffacs: 01443 425553

Tynnwch siec/archeb bost yn enw "RCT" a rhowch eich enw a'ch cyfeiriad ar gefn y siec - fyddwn ni ddim yn ad-dalu ffoedd cystadlu.

Rydw i'n derbyn na fydd y trefnwyr na'u hasiantau yn gyfrifol am unrhyw golled, niwed, gweithred, hawl, costau na threuliau a allai godi yn sgîl y ffaith fod fy mhlenytyn yn cymryd rhan yng ngweithgareddau'r Nos Galan.

Rydw i'n datgan na fydda i / na fydd y plentyn yma'n cymryd rhan yn y ras oni bai fy mod / ei fod e'n iach ar ddiwrnod y ras, a'm cyfrifoldeb i fydd cystadlu.

Rydw i'n cytuno cewch chi dynnu llun ohono i / o'm plentyn ar gyfer rhoi cyhoedusrwydd i achlysur Nos Galan.

Dyw trefnwyr yr achlysur ddim yn gyfrifol am unrhyw luniau ansyddogol na'u rheoli.

Rhaid i bob rhedwr fod yn effro bod posiblwydd y bydd e'n cael ei gynnwys yn rhan o ddeunydd trydydd parti.

# ENTRY FORM / FFURFLEN YMRESTRU

Name / Enw: \_\_\_\_\_

Address / Cyfeiriad: \_\_\_\_\_

Postcode / Còd y post: \_\_\_\_\_

Phone / Ffôn: \_\_\_\_\_ Mobile Phone / Ffôn ar y lôn: \_\_\_\_\_

Email / Ebost: \_\_\_\_\_

DOB / Dyddiad geni: \_\_\_\_\_ Age on day / Oedran ar ddiwrnod y ras: \_\_\_\_\_

Gender / Rhyw: Male / Gwryw  Female / Benyw

Category / Dosbarth: Elite / Elite  Fun Run / Ras Hwyl  Junior / Plant

8&9	10&11	12&13	14&15
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Your 5k time/Amser eich 5k: \_\_\_\_\_

Running Club / Aelod o ba glwb rhedeg? \_\_\_\_\_

School (if U16) / Enw'r Ysgol (os ydych chi dan 16 oed): \_\_\_\_\_

## W.A. Reg / Rhif cofrestru Cymdeithas Athletwyr Cymru:

(must be completed for £7 entries / rhaid llenwi ar gyfer rasys £7) \_\_\_\_\_

If you would like to raise money for RCT Mayoral Appeal, please tick here to receive fundraising information  
Os hoffech chi godi arian i Elusennau'r Maer, ticwch y blwch i dderbyn pecyn gwybodaeth

Is this your first Nos Galan Race? / Ai dyma'r tro cyntaf ichi gymryd rhan yn Ras Nos Galan?  Yes/Ie  No/Nage

Where did you hear about the Nos Galan Race? / Ble cawsoch chi wybod am Rasys Nos Galan?

Website / Gwefan  Newspaper / Papur newydd  Radio  Friend / Cyfaill  Other / Arall

Signed/Signature of parent / guardian if under 18 / Llofnod rhiant/gwarcheidwad (plant dan 18 oed)

Date / Dyddiad: \_\_\_\_\_

Closing date for postal entries, Monday 12th December 2011 (£15/£5 fee applicable after this time)

Dyddiad olaf ar gyfer ceisiadau trwy'r post, Dydd Llun 12 Rhagfyr 2011 (Tâl mynediad o £15/£5 ar ol y dyddiad yma).

## Online Applications / Ffurflen ar-lein: [www.nosgalan.co.uk](http://www.nosgalan.co.uk)

All timings are subject to change / Efallai bydd yr amseroedd yn newid  
Trophies will be awarded for all categories and presented on the night.  
Byddwn ni'n cyflwyno tlysau ar gyfer pob dosbarth ar y noson.

I would like to receive further information on events/facilities & services within Rhondda Cynon Taf  
Dw i eisiau cael rhagor o wybodaeth ynglŷn ag achlysuron/cyfleusterau a gwasanaethau yn Rhondda Cynon Taf

I can confirm that in order for me to compete in the race I am happy for my personal details to be passed to third parties such as official time keepers and other parties. These will only be used in relation to the race.

Er mwyn imi gymryd rhan yn y rasys, rydw i'n deall efallai bydd gofyn rhannu gwybodaeth personol ddeddol â thrydydd parti megis y cofnodydd amser swyddogol a swyddogion cysylltiedig eraill sy'n ymwneud â'r rasys yn unig.

I hereby give my express permission to the passing of such data. / Rydw i drwy hyn yn rhoi fy nghaniatâd i anfon y cyfryw wybodaeth.

I understand that Rhondda Cynon Taf C. B. C. will at all times capture and process my personal information in accordance with the requirements of the Data Protection Act 1998. / Rydw i'n deall y bydd CBS Rhondda Cynon Taf yn casglu gwybodaeth personol amdana i a'i phrosesu yn unol â gofnyion Deddf Diogelu Data 1998.